

CLAIMS

1. A composition for suppressing or ameliorating a
symptom accompanying diminished homeostasis, comprising
theanine.

2. The composition according to claim 1, wherein the
symptom accompanying diminished homeostasis is one or more
selected from the group consisting of obesity, anxiogenic
symptoms, premenstrual syndrome, sensitivity to cold,
menopausal disorders, sleep disorders and autonomic
imbalance.

3. The composition according to claim 1 or 2, wherein
the composition is a food composition or a pharmaceutical
composition.

4. The composition according to any one of claims 1 to
3, further comprising a mineral.

5. The composition according to claim 4, wherein the
mineral is one or more selected from the group consisting
of iron, magnesium, copper, zinc, selenium, calcium,
potassium, manganese, chromium, iodine, molybdenum,
nickel, vanadium, and salts thereof.

7. The mineral composition according to claim 6, wherein
5 the mineral is one or more selected from the group
consisting of iron, magnesium, copper, zinc, selenium,
calcium, potassium, manganese, chromium, iodine,
molybdenum, nickel, vanadium, and salts thereof.

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